

Supplementary Material File 1: Task group topic guides

Work package 1 (service users)

What	Questions	Prompts	Notes
Introductions and welcome	NA	NA	<ul style="list-style-type: none"> Welcome Who we are Why we are here Purpose of the session Expected timings Breaks Expenses Any questions?
Opening discussion: establishing norms	<ul style="list-style-type: none"> How do you currently use mobile phones? 	<ul style="list-style-type: none"> Do you have one? Is it a smartphone? Do you use Apps? 	To explore existing practices
Opening discussion: establishing participants own norms	<ul style="list-style-type: none"> How do you currently look after your mental health and wellbeing? How do you know when things are taking a turn for the worse in your mental health? 	<ul style="list-style-type: none"> Do you have a staying well plan? Do you notice any changes in your ability to function (e.g., connect w family/friends), 	Facilitators should decide/enquire as to whether people might prefer working as a whole group or as pairs.

What	Questions	Prompts	Notes
		<ul style="list-style-type: none"> • What you think, or how you feel, etc.? 	
	<ul style="list-style-type: none"> • What do you do if you think you are becoming unwell? 	<ul style="list-style-type: none"> • How do you feel? • What do you think? • What do you do? • What actions do you take? 	
	<ul style="list-style-type: none"> • How do you feel about getting help if you think you are becoming unwell? 	<ul style="list-style-type: none"> • What gets in the way? 	Continue to write up points on flipchart
	<ul style="list-style-type: none"> • Have services encouraged you to have a plan for staying well? 	<ul style="list-style-type: none"> • Crisis plan, advanced statement, wellness plan? 	Continue to write up points on flipchart
Introducing EWS monitoring	NA	NA	Covering staying well, anticipating crises, monitoring thoughts and feelings, being in the driving seat
	<ul style="list-style-type: none"> • Does this make sense? 	<ul style="list-style-type: none"> • Anything which is unclear? 	NPT Coherence
	<ul style="list-style-type: none"> • How helpful do you think it is to monitor early warning signs? 	NA	

What	Questions	Prompts	Notes
Introducing EMPOWER	NA	NA	Description of EMPOWER in terms of wellbeing monitoring and messaging to enhance control and recovery. Examples of items and process and messages. Could usefully be based on a scenario.
	<ul style="list-style-type: none"> Does that make sense to you? What would help you to successfully use EMPOWER? 	<ul style="list-style-type: none"> Anything which is unclear? Do you think you have the skills or experience in using a mobile phone? What support would you like? What would keep you involved / committed 	<p>NPT Coherence</p> <p>NPT Cognitive Participation</p>
Sharing information and other people's involvement	NA	NA	Monitoring wellbeing and sharing wellbeing with others. What happens to the information they put into EMPOWER and who has access to it.
	<ul style="list-style-type: none"> Does what you've just heard make sense? How would you use your data? 	<ul style="list-style-type: none"> Concerns, question? Who would you share it with? 	<p>NPT Coherence</p> <p>NPT Cognitive Participation and Collective Action</p>

What	Questions	Prompts	Notes
	<ul style="list-style-type: none"> How would you like others to be involved with the App? How do you feel about what happens to the information you put into the App? 	<ul style="list-style-type: none"> When would you share it? Family and friends? Would you get help from them? Show them how it was going etc? Mental health staff? Confidentiality Suspiciousness 	
Staged EMPOWER responses	NA	NA	Wellbeing message options and types.
	<ul style="list-style-type: none"> What would you find helpful? What type of message might be most likely to encourage you to take action? Would you like to help with messages? 	<ul style="list-style-type: none"> Which of these would be preferable? Quotes, websites, videos? <p>NA</p> <p>-</p>	<p>There is the potential to do this in a more participative way with e.g. voting stickers for preferences.</p> <p>Explain opportunities for potential involvement. In both sites this could be via the online survey of message suggestions. In Glasgow there may be</p>

What	Questions	Prompts	Notes
			opportunities to play a role in validating/assessing messages.
	NA	NA	Stage 2: Triage and responding to changes in wellbeing.
	<ul style="list-style-type: none"> • “Does what you’ve just heard make sense?” 	<ul style="list-style-type: none"> • Cause anxiety? 	NPT Coherence
	<ul style="list-style-type: none"> • How would this be different to what happens now? 	-	NPT Coherence (differentiation)
	<ul style="list-style-type: none"> • How would you like others to respond? 	<ul style="list-style-type: none"> • Family and friends? • Mental health staff? 	NPT Collective Action
Frequency of monitoring	<ul style="list-style-type: none"> • How would you feel about this type of daily monitoring? 	<ul style="list-style-type: none"> • Is that too often? • What would work for you? • Would you like to be able to vary frequency? 	
Overall and concluding thoughts	<ul style="list-style-type: none"> • Thinking of EMPOWER overall how would you know it’s worth the effort? 	<ul style="list-style-type: none"> • What might make you stop using EMPOWER? • How would you know if this was working/not working? 	NPT Reflexive Monitoring

Work package 1 (carers)

What	Format	Questions	Prompts	Notes
Introductions and welcome	Talk	NA	NA	<ul style="list-style-type: none"> Welcome Who we are Why we are here Purpose of the session Expected timings Breaks Expenses Any questions?
Opening discussion: establishing participants own norms	Whole group or pairs	<ul style="list-style-type: none"> How do you support your family member/friend to look after their mental health and wellbeing? How do you know when things are taking a turn for the worse? What do you do if you think your family member/friend is becoming unwell? How do you feel about seeking the support of a professional (e.g., contacting key clinician) if 	<p>NA</p> <ul style="list-style-type: none"> What do you notice? (E.g., changes in their ability to function, what they say and/or do, etc.) What actions do you take? For example, contacting key clinician or crisis service, monitoring medication, talking things over, etc. What gets in the way? 	<ul style="list-style-type: none"> Facilitators should decide/enquire as to whether people might prefer working as a whole group or as pairs. Facilitators to write points of flip chart.

What	Format	Questions	Prompts	Notes
		<p>your family member/friend is becoming unwell?</p> <ul style="list-style-type: none"> • Have services encouraged your family member/friend to have a plan for staying well? 	<ul style="list-style-type: none"> • Crisis plan, advanced statement, wellness plan? 	
Introducing EWS monitoring	Slide(s)	NA	NA	Covering staying well, anticipating crises, monitoring thoughts and feelings, being in the driving seat
	Whole group	<ul style="list-style-type: none"> • Does this make sense? • What are your experiences of EWS monitoring? 	<ul style="list-style-type: none"> • Anything which is unclear? • Have you been encouraged to monitor your family member/friend's EWS, or to help them monitor their EWS? If so, by whom? • What EWS do you look for? • Advantages and disadvantages 	NPT Coherence
		<ul style="list-style-type: none"> • How helpful do you think it is to monitor EWS? 	NA	
Introducing EMPOWER	Slide(s)	NA	NA	Description of EMPOWER in terms of wellbeing monitoring and messaging to enhance control and recovery. Examples of items and process and messages. Could usefully be based on a scenario.

What	Format	Questions	Prompts	Notes
	Whole group	<ul style="list-style-type: none"> Does that make sense to you? What role would you like to play in introducing your family member/friend to the App? If your family member/friend was using the EMPOWER App, how would you like to be involved? What are the benefits to active carer involvement with the EMPOWER App? What are the disadvantages of active carer involvement with the EMPOWER App? 	<ul style="list-style-type: none"> Anything which is unclear? Informing identification of idiosyncratic EWS and or coping strategies; Support of baseline monitoring; Offering technical expertise Providing reminders for them to use the App; Helping them to use the App; Contributing to the information that they enter (e.g., agreeing on scores) Confidentiality Suspiciousness 	<p>NPT Coherence</p> <p>NPT Cognitive Participation and Collective Action</p> <p>NPT Cognitive Participation and Collective Action</p> <p>NPT Cognitive Participation and Collective Action</p> <p>NPT Cognitive Participation and Collective Action</p>
Sharing information and other people's involvement	Slide(s)	NA	NA	Monitoring wellbeing and sharing wellbeing with others. What happens to the information their family member/friend enters into EMPOWER and who has access to it.

What	Format	Questions	Prompts	Notes
	Whole group	<ul style="list-style-type: none"> Does what you've just heard make sense? How would you like your family member/friend to use their data? 	<ul style="list-style-type: none"> Concerns, questions? Who (e.g., you, key clinician, treating team, etc.) would you like them to share it with? How often would you like to see their charts? How likely do you think it is that they will share data? 	<p>NPT Coherence</p> <p>NPT Cognitive Participation and Collective Action</p>
Staged EMPOWER responses	Slide(s)	NA	NA	Wellbeing message options and types.
	Whole group	<ul style="list-style-type: none"> What messages would you value? Would you like to help with messages? 	<ul style="list-style-type: none"> Which of these would be preferable: quotes, websites, and/or videos? - 	<p>There is the potential to do this in a more participative way with e.g. voting stickers for preferences.</p> <p>Explain opportunities for potential involvement. In both sites this could be via the online survey of message suggestions. In Glasgow there may be opportunities to play a role in validating/assessing messages.</p>
	Slide(s)	NA	NA	Stage 2: Triage and responding to changes in wellbeing. Including an overview of the role of carers/ next of kin.

What	Format	Questions	Prompts	Notes
	Whole group	<ul style="list-style-type: none"> Does what you've just heard make sense? How would this be different to what happens now? What do you think about the triage nurses role/ NWMH's role in EMPOWER? 	-	NPT Coherence
			-	NPT Coherence (differentiation)
			-	NPT Collective Action
Overall and concluding thoughts	Whole group	<ul style="list-style-type: none"> Thinking of EMPOWER overall how would you know it's worth the effort? 	<ul style="list-style-type: none"> What might make you stop using EMPOWER? How would you know if this was working/not working? 	NPT Reflexive Monitoring

Work package 2 (service providers)

What	Questions	Prompts	Notes
Introductions and welcome	NA	NA	<ul style="list-style-type: none"> Welcome Who we are Why we are here Purpose of the session Expected timings Breaks Any questions? The digital recorder and its functioning

What	Questions	Prompts	Notes
	<ul style="list-style-type: none"> How do you currently use mobile/digital in your work supporting people? 	<ul style="list-style-type: none"> Text reminders? Accessing information quickly? Planning and organizing (e.g. diary functions, map functions)? 	<ul style="list-style-type: none"> Taking timeout Informed consent Warm up exercise – will return to topic later When discussion has dried up ask people for feedback which is written up on flipchart with any themes identified and potentially expanded upon.
Opening discussion: establishing participants own norms	<ul style="list-style-type: none"> What have been your experiences of helping people prevent or minimize relapse? Is the goal to prevent relapse or minimize impact? What are strengths of current practice? 	<ul style="list-style-type: none"> How is it emphasized in the team? How is it detected? Whose responsibility is it to detect risk of relapse? Is this view shared across team? Is this shared with users and carers? How do you respond? How does the team respond? 	<p>Write up points on flipchart</p> <p>Continue to write up points on flipchart</p>

What	Questions	Prompts	Notes
	<ul style="list-style-type: none"> How do you know when things are starting to break down for someone you support? What is the first action you would typically take if you thought someone was becoming unwell? Is there a standard procedure or protocol you follow when someone is becoming unwell? What are the limitations of existing practice? 	<ul style="list-style-type: none"> How do users and carers respond? Change in presentation, lack of contact etc Team, local and national level policy Are these consistently applied? Does it need to be improved? What could be improved? 	NPT Collective Action
Introducing EMPOWER	NA	NA	Slide(s) on EMPOWER and the stepped care approach.
	<ul style="list-style-type: none"> Does the EMPOWER approach make sense? 	<ul style="list-style-type: none"> Anything which is unclear? 	NPT Coherence

What	Questions	Prompts	Notes
	<ul style="list-style-type: none"> • What advantages might the use of mobile technology bring? • Do you think there could be risks associated with EMPOWER and if so what? • What would help the team to successfully use EMPOWER? • How do you feel about the triage nurses role in EMPOWER? • How do you feel about peer workers having a role in supporting EMPOWER users? 	<ul style="list-style-type: none"> • What might block successful use? • How acceptable do you think it might be for people? • Adverse events • Not picking up on EWS • Over sensitivity (false positives) • What would keep you involved / committed 	<p>NPT Coherence</p> <p>NPT Cognitive Participation</p>
Sharing information from EMPOWER	<ul style="list-style-type: none"> • “How do you feel about the capacity to share information and charts from the App?” 	<ul style="list-style-type: none"> • Any concerns? 	NPT Cognitive Participation and Collective Action
Acting on information received from EMPOWER	<ul style="list-style-type: none"> • Imagine you were supporting someone using the App and you were contacted 	<ul style="list-style-type: none"> • How would you respond? 	NPT Cognitive Participation and Collective Action

What	Questions	Prompts	Notes
	by the triage nurse about a concern they had about scoring:	<ul style="list-style-type: none"> • Would this be any different to what happens now? • What opportunities or challenges could alerting bring? 	
Overall and concluding thoughts	<ul style="list-style-type: none"> • Thinking of EMPOWER overall and looking ahead how would you know it's worth the effort? 	<ul style="list-style-type: none"> • How might you lose confidence in EMPOWER? • How would you know if this was working/not working? 	NPT Reflexive Monitoring
Beta testing	<ul style="list-style-type: none"> • Would anyone be willing to test the App with someone they support? 	<ul style="list-style-type: none"> • Details of beta-testing requirements and dates. 	